



UNIT 9: COURSE REVIEW AND DISASTER SIMULATION

This unit includes:

- A Review of Key Points from the Course.
- A Final Exercise.

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INTRODUCTION AND UNIT OVERVIEW

This unit is the culmination of all that you have learned throughout the course. After a brief review of the final examination and the key points of the course, you will have the opportunity to use your skills and knowledge of CERT organization and operations in a simulated disaster exercise.

COURSE REVIEW

The following are key points of the emergency preparedness unit:

- Home and workplace preparedness:
 - Assembling an disaster supply kit
 - Developing an emergency plan
 - Developing a safe room
 - Evacuation versus sheltering in place

- Specific preparedness measures for high-risk hazards (including terrorism)

The following are key points from the fire safety unit:

- Hazardous materials:
 - Identification
 - Defensive strategies

- Utility control:
 - Gas
 - Electric
 - Water

- Sizeup: Stress the importance of CERT sizeup and the steps in the sizeup process.

- Firefighting resources:
 - General resources available
 - Interior wet standpipes, including operation and limitations (if applicable)
 - Portable fire extinguishers, their capabilities and limitations

COURSE REVIEW (CONTINUED)

- Safety considerations:
 - Safety equipment must be used at all times.
 - CERT members must always use the buddy system.
 - Fire suppression group leaders should always have a back-up team available.

The following are key points for disaster medical operations:

- The “killers”
- Head-Tilt/Chin-Lift method of opening an airway
- Methods for controlling bleeding:
 - Direct pressure
 - Elevation
 - Pressure points
- Treatment for shock:
 - Patient position
 - Maintenance of body temperature
 - No food or drink
- Conducting triage evaluations
- Head-to-toe patient assessments
- Special considerations when head, neck, or spinal injuries are suspected
- Treatment area considerations
- Splinting and bandaging

COURSE REVIEW (CONTINUED)

The following are key points for light search and rescue:

- Search and rescue are really two functions.
- Goals of search and rescue:
 - Rescuing the greatest number of people in the shortest amount of time
 - Rescuing the lightly trapped victims first
- Sizeup:
 - Construction types
 - Related hazards
- Structural damage:
 - Light damage
 - Moderate damage
 - Heavy damage
- Search techniques:
 - Be systematic and thorough
 - Mark areas searched
 - Document search results
- Rescue techniques:
 - Leverage and cribbing
 - Lifts and drags

COURSE REVIEW (CONTINUED)

The following are key points for CERT organization:

- Organizational structure:
 - Well-defined management structure
 - Effective communications among agency personnel
 - Accountability
- Command objectives:
 - Identify the scope of the incident through damage assessment
 - Determine an overall strategy and logistical requirements
 - Deploy resources efficiently but safely

The following are key points for disaster psychology:

- In the aftermath of disasters, survivors and disaster workers can experience psychological and physiological symptoms.
- The steps CERT leaders should take to reduce stress on team members.
- The steps CERT members can take to reduce their own stress levels.
- Strategies for helping survivors work through their trauma.

The following are key points for terrorism:

- B-NICE indicators
 - CERT protocols for terrorist incidents
 - Protective actions following a terrorist incident
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EXERCISE CRITIQUE AND SUMMARY

It is important to continue education and training to maintain and improve your skills and knowledge. You should attend:

- Periodic refresher training that is offered locally.
 - Standard and advanced first aid courses that are offered through The American Red Cross.
 - Cardiopulmonary resuscitation classes that are offered through the American Heart Association.
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